



New:

EAP Web site for **St. Clair Catholic District School Board**

Family Services Employee Assistance Programs (FSEAP) and St. Clair Catholic District School Board are pleased to introduce a new Employee and Family Assistance Program Web site.

As part of your Employee and Family Assistance Program, you and your family now have access to a Web site specifically for **St. Clair Catholic District School Board** employees and their families. The Web site includes detailed descriptions of the services available to you and your family through the Program.

You may also use the site to access the *MyHealth* Library. The Library includes over 150 articles and tip sheets to inform you and your family about health issues and to promote healthy lifestyle. Topics include coping with stress, parenting strategies, caring for aging parents, balancing work and family, and creating a healthy work environment.

To enter the EFAP Web site for St. Clair Catholic District School Board:

1. Go to <http://www.myfseap.com/>
2. Select a language
3. Enter your group name: **toStClairCatholicEFAP**
4. Enter your password: **health4u**
5. Click on **Submit**

Tip: Print and cut out the card included on the bottom of this page to record your Groupname and Password for your future reference, and to give to your family members.

If you have any questions or problems with entering the myfseap.com Web site, send an e-mail message to webadministrator@fseap.com (responses during business hours only).

Your Privacy

The myfseap.com Web site is maintained by Family Services Employee Assistance Programs (FSEAP). The Web site is accessible only to FSEAP client organizations, their employees and families.

All **St. Clair Catholic District School Board** users are assigned the same group name and password to protect the identities of individuals. Individual users are not tracked. Employees may choose to access the site from work or from home.

fseap Now we're talking.	
EMPLOYEE AND FAMILY ASSISTANCE PROGRAM	
www.myfseap.com	519.336.0120 (Sarnia)
	519.354.6221 (Chatham)
GROUPNAME:	toStClairCatholicEFAP
PASSWORD:	health4u